



Kolkata Gears Up for Historic International Day of Yoga 2026 Celebration at Red Road

Proud moment for West Bengal to host IDY 2026 national celebrations: Chief Minister Shri Suwendu Adhikari

Yoga Day 2026 to be celebrated across nearly 2,500 locations worldwide: Union Minister Shri Prataprao Jadhav

Yoga 365 aims to make Yoga an integral part of daily life: Union Minister Shri Prataprao Jadhav

Twelve Special Philatelic Covers Released to Commemorate International Day of Yoga 2026

100 Iconic Locations Across India to Celebrate Yoga and Cultural Heritage on 21st June

“Daud Se Dhyan” Initiative to be Organised Across Eleven Locations in Kolkata on June 19

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Kolkata is set to host the national celebrations of the 12th International Day of Yoga (IDY) on June 21 at the iconic Red Road, where Prime Minister Shri Narendra Modi will lead the nation in the Common Yoga Protocol. Ahead of the IDY celebrations, Chief Minister of West Bengal Shri Suwendu Adhikari and Union Minister of State (Independent Charge) for Ayush and Minister of State for Health & Family Welfare, Shri Prataprao Jadhav addressed a curtain raiser press conference at Nabanna Sabhaghar today, highlighting the significance, scale and preparations for this year's International Day of Yoga.

During the press conference, twelve special philatelic covers commemorating International Day of Yoga 2026, were released by Chief Minister of West Bengal Shri Suwendu Adhikari and Union Minister of State (Independent Charge) for Ayush Shri Prataprao Jadhav, in the presence of Chief Postmaster General, West Bengal Circle, Shri Ashok Kumar.

Addressing the press, Chief Minister Shri Suwendu Adhikari said that it is a matter of immense pride for West Bengal to host the national celebrations of the International Day of Yoga 2026 in Kolkata. He described Kolkata as a city known for its rich cultural, spiritual and intellectual heritage, which continues to uphold the values of wellness and collective well-being.

Highlighting Yoga as one of India's most valuable civilisational gifts to the world, the Chief Minister said that the ancient practice transcends all barriers and brings people together in the pursuit of health, harmony and inner peace. Referring to this year's theme, "Yoga for Healthy Ageing", he emphasised that Yoga plays a crucial role in promoting physical vitality, mental resilience and emotional balance, enabling people to lead healthier and more fulfilling lives.

The Chief Minister appreciated the efforts of the Ministry of Ayush in taking Yoga to every corner of the country and transforming it into a year-round people's movement through various initiatives such as Yoga 365, Yoga for Healthy Ageing, Yoga for Non-Communicable Diseases, Yoga Park Initiative and 100 Days of Free Online Yoga, thereby strengthening India's global leadership in holistic health and wellness.

Union Minister Shri Prataprao Jadhav emphasised that International Day of Yoga 2026 is not merely an event but a national celebration of India's timeless wisdom, which has evolved into a global movement for health, harmony and collective well-being. Highlighting the growing global participation, he mentioned that through the coordinated efforts of the Indian Council for Cultural Relations (ICCR) and Indian Missions abroad, Yoga Day celebrations this year are being organised across nearly 2,500 locations worldwide, with participation from more than 210 Indian Missions, reflecting Yoga's role as a global movement for collective well-being.

Shri Prataprao Jadhav highlighted the success of the Ministry's flagship Yoga 365 initiative, aimed at making Yoga an integral part of daily life. He also mentioned the successful completion of 100 Days of Free Online Yoga and said that the nationwide live yoga session organised on June 14 witnessed participation of more than four lakh people simultaneously, creating a new Guinness World Record.

Shri Jadhav further informed that the Ministry of Culture is organising special Yoga celebrations at 100 iconic locations across India, linking Yoga with the country's cultural heritage, tourism and civilisational identity. He also expressed gratitude to the Government of West Bengal for its support in organising the national event and stated that the enthusiastic response from Kolkata and across Bengal reflects people's growing connection with Yoga.

The press conference also highlighted various public outreach initiatives organised across the country as part of the countdown to International Day of Yoga 2026, including the 100-day programme in New Delhi, 75-day event at Lonar in Maharashtra, 50-day celebration at Kanha Shanti Vanam in Hyderabad and 25-day countdown at Khajuraho. Another major highlight is the "Gangotri to Gangasagar – Ganga Bank Yoga Journey", connecting Gangotri, Rishikesh, Haridwar, Prayagraj, Varanasi, Patna, Hooghly and Gangasagar, bringing together Yoga, environmental awareness, river culture and people's participation.

The press conference was also graced by Shri Sharadwat Mukhopadhyay, State Health Minister, West Bengal; Dr. Manoj Kumar Agarwal, Chief Secretary, Government of West Bengal, and Vaidya Rajesh Kotecha, Secretary, Ministry of Ayush.

A series of events have also been planned across Kolkata and West Bengal in the run-up to June 21, including Cycling for Wellness, Yoga in Schools and Government Offices, Yoga for Mental Well-being, Women's Health Yoga, Yoga for Senior Citizens, Corporate Yoga and Yoga programmes for Police, Fire Services and healthcare institutions. A special initiative, "Daud Se Dhyani", will be organised on June 19 across eleven locations in Kolkata, followed by Vande Yogam and West Bengal Foundation Day celebrations on June 20 along the Hooghly riverfront featuring cultural performances, art competitions, photography contests and public engagement activities.

The celebrations will also feature mass Yoga demonstrations on 500 boats across the Hooghly River, highlighting Yoga and Bengal's rich river heritage. Kolkata will witness Yoga-themed illuminations, special bridge lighting and a mega drone show with nearly 3,000 drones showcasing India's Yoga journey and paying tribute to great Yoga masters.

The Chief Minister and the Ayush Minister urged citizens, especially youth and senior citizens, to make Yoga a part of daily life and embrace it as a lifelong practice for physical health, mental peace and overall well-being. Citizens were also encouraged to participate actively in the celebrations and register their Yoga events on the Yoga Sangam portal.

The national celebration at Red Road will begin at 5 AM on June 21, with thousands of participants joining physically and millions expected to participate virtually from across India and the world, reaffirming Yoga's role as a global movement for health, harmony and collective well-being.









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